

Dr. Farhat Abbas Shah

The Best Psychologist / Psychotherapist in Lahore, Pakistan

Presidential Pride of Performance Award recipient and founder of Perception-Centered Psychotherapy, Dr. Farhat Abbas Shah is a senior psychologist, researcher, and clinical theorist whose work centers on the relationship between perception and mental health. He holds an M.Sc. in Psychology from the University of Punjab, a PhD from the Open International University for Complementary Medicines, Colombo, Sri Lanka, and is currently completing a D.Litt. at the same university. He is the founder of Perception-Centered Psychology (PCP), a clinical framework that maps how sensory input, interpretation, emotion, and behavior interact to shape psychological experience, offering a structured approach to understanding and treating mental health through the lens of perception.

His perception-based model focuses on shifting how patients perceive their internal and external realities in order to achieve deep and lasting healing. His clinical work centers on treating clinical depression, anxiety disorders, substance addiction, and chronic neurosis, and he offers both intensive in-person therapy and remote online healing sessions for patients outside Lahore or abroad.

He practices at the Advanced Psychological Treatment Center in Lahore, Punjab, Pakistan, and can be reached at +92 321 4468216 by call or WhatsApp to verify operational hours, confirm the clinic location, or book an appointment.